

Uncontrollable crying?



Uncontrollable laughing?

It could be PBA

PseudoBulbarAffect



Welcome

"As a neurologist, I see many patients with neurologic conditions or brain injuries who describe sudden outbursts of uncontrollable crying or laughing that don't reflect the way they're feeling inside. This condition is known as PseudoBulbar Affect (PBA).

I wanted people who are experiencing these unexpected outbursts of crying or laughing to understand that they're not 'crazy' and they're not alone.

To learn more and to hear me discuss PBA, go to pbafacts.com."

Jonathan Fellus M.D.,
Neurologist
Chief Medical Officer
International Brain Research
Foundation

Who gets **PBA**?



Though you may have never heard of PBA, you're not alone. Nearly two million Americans with certain neurologic conditions or brain injuries are estimated to suffer from it. PBA doesn't discriminate. It can affect men and women, old and young. Conditions or injuries that can lead to PBA include:

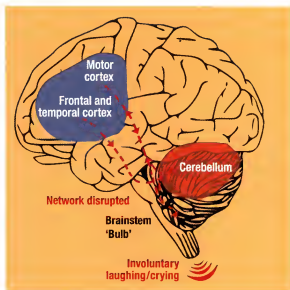
- **A**lzheimer's disease or other dementias
- **S**troke
- **T**raumatic brain injury (TBI)
- **M**ultiple sclerosis (MS)
- **P**arkinson's disease
- **L**ou Gehrig's disease (ALS)

PBA is neurologic

One of the jobs of the brain is to figure out how we feel in the moment. That information is then sent down to the brainstem, also known as the "bulb." The brainstem then sends signals to the face and other parts of the body that show emotion.

PBA is believed to be the result of a disruption of these signals. When

people have certain neurologic conditions or brain injuries, it can cause damage in the brain tissue that creates a disconnection between the parts of the brain that express emotion and those that control emotion. The result is the frequent outbursts of involuntary crying or laughing known as pseudobulbar affect.



Certain underlying neurologic conditions may cause damage that disrupts the normal control of emotional expression

PBA is treatable

Today, PBA is treatable. But before discussing treatment options, your doctor must be able to correctly diagnose your symptoms. PBA is frequently mistaken for depression. That's why it's so important to accurately describe your crying or laughing episodes to your physician. One way to be prepared for your next doctor's visit is to ask yourself the following questions about your crying or laughing episodes:

- Are my episodes sometimes exaggerated or inappropriate?
- Do my episodes actually reflect what I'm feeling inside?
- Have I avoided spending time with my family or friends because of my unpredictable outbursts?
- Could my crying episodes be mistaken for depression?



Once you've discussed your symptoms with your doctor, you can develop a treatment plan together that can help you manage your PBA outbursts.

Get your free **PBA** Facts kit



To learn more about PBA, sign up for your free "PBA Facts" kit. The kit includes:

- An explanation of the science of PBA
- The differences between PBA and depression
- Stories from PBA patients and their caregivers
- Access to the PBA Facts website featuring videos with neurologist, Dr. Jonathan Fellus

**To sign up for your free kit,
visit pbafacts.com today or call
1-800-992-5240.**

Some of the **PBA** patients you'll meet

Henry's story

"I was so embarrassed by my crying, I didn't want to go out in public. Luckily, my wife discovered the term "PBA" online."



Henry had a stroke in 2001
See Henry's complete story at pbafacts.com.

Sheila and Dominique

"At first I thought my mom was just depressed. Her doctor thought different."
—Dominique



Sheila has early Alzheimer's disease.
Her daughter, Dominique, cares for her.
See Sheila's complete story at pbafacts.com

The Center for Neurologic Study-Lability Scale (CNS-LS).

Using the scale below, please write the number that describes the degree to which each item applies to you DURING THE PAST WEEK. Write only 1 number for each item.

Applies never	Applies rarely	Applies occasionally	Applies frequently	Applies most of the time
1	2	3	4	5

Assessment Questions		Answers
1	There are times when I feel fine one minute, and then I'll become tearful the next over something small or for no reason at all.	
2	Others have told me that I seem to become amused very easily or that I seem to become amused about things that really aren't funny.	
3	I find myself crying very easily.	
4	I find that even when I try to control my laughter, I am often unable to do so.	
5	There are times when I won't be thinking of anything happy or funny at all, but then I'll suddenly be overcome by funny or happy thoughts.	
6	I find that even when I try to control my crying, I am often unable to do so.	
7	I find that I am easily overcome by laughter.	

TOTAL SCORE _____

The PBA Assessment tool has been validated in ALS and MS patient populations. Please consult with your doctor.

Do I have **PBA**?

The PBA assessment was developed by healthcare professionals and is called the Center for Neurologic Study Liability Scale (CNS-LS). Simply answer the 7 questions and add up your score. If it's 13 or higher, that may suggest you are having PBA symptoms. This assessment tool is not intended to substitute for professional medical assessment and/or advice. Please consult with your doctor.

Take the assessment

Fill out this PBA assessment and take it to your doctor.

Name: _____

Date of assessment: _____

Underlying Neurological Condition:

- | | |
|---|---|
| <input type="checkbox"/> Alzheimer's Disease
or Dementia | <input type="checkbox"/> Multiple Sclerosis (MS) |
| <input type="checkbox"/> Stroke | <input type="checkbox"/> Parkinson's Disease |
| <input type="checkbox"/> Traumatic Brain Injury (TBI) | <input type="checkbox"/> Lou Gehrig's Disease (ALS) |
| | <input type="checkbox"/> Other Neurologic Condition |





**There's a
name for this.
And you're
not alone.**

Ask your doctor about PBA.

And to learn more, call 1-800-992-5240

or go to **pbafacts.com**

for a free information kit.

Scan this tag to go to
pbafacts.com.

